

# What Is The Crystal Meth Anonymous Program?

Crystal Meth Anonymous is a fellowship of people for whom crystal meth has become a serious problem. The members of Crystal Meth Anonymous meet regularly, share support and fellowship, and create a safe environment to stay clean.

The fellowship advocates complete abstinence from crystal meth, alcohol, illegal inhalants, and medications not taken as prescribed as well as all other mind-altering substances.

Prayer and meditation are important parts of our recovery. Some of us are suspicious at first, fearing that we will be made to believe certain things. We may also react to our past experiences with organized religion.

The 12-step program we follow is found in the text of the book, "Alcoholics Anonymous". We begin to define our relationship with spirituality as we work the Twelve Steps with a sponsor. The Twelve Steps are a set of principles designed to produce a spiritual awakening. The steps promote actions that help us to achieve and maintain sobriety. They offer a plan for recovery that helps repair the damage our addiction to crystal meth has caused. The steps guide us in new ways of living to create a fulfilling life in recovery. Staying clean is our primary goal. When our actions are consistent with our principles, we can have inner peace, honesty and serenity.



*CMA Conference Approved Literature*

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